




















March 2014

Needham Unplugged

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This is Needham Unplugged's</p> <p>13th Year!</p> 		<p>Created by:</p> <p>Needham Youth Services Needham Park and Recreation Charles River YMCA</p>				<p>1</p> <p>Bored?</p>   <p>Play a board game with the entire family</p>
<p>2</p> <p>Free Family Swim</p>  <p>2:00-3:00pm YMCA pool site</p>	<p>3</p> <p>Donate</p>  <p>food to the Needham Community Council</p>	<p>4</p> <p>Frame something that you have been meaning to frame... and choose a place to hang it up</p>	<p>5</p> <p><i>Brrr... it's cold outside!</i></p>  <p>Have an indoor picnic</p>	<p>6</p>  <p>Social Networking- Free Thursday Talk to your friends in person instead of online</p>	<p>7</p> <p>Phone-Free Friday Try shutting your phone off and leaving it under your pillow all day</p>	<p>8</p> <p>Take a mini-vacation to Boston: see a show, visit a museum, or explore!</p>
<p>9</p> <p>Daylight Savings Begins Take advantage of the extra sunlight with a hike! Download trail maps from www.needhamma.gov/trails</p>	<p>10</p> <p>Make a card for someone you love</p> 	<p>11</p> <p>Learn more about a culture... Cook the food of a different country</p>	<p>12</p> <p>Marshmallow Roast!</p>	<p>13</p> <p>No homework & no meeting night for all Needham students and parents</p>	<p>14</p> <p>Email-Free Friday Can you talk face-to- face instead of sending emails? All day?</p>	<p>15</p>  <p>Take Cover! Build a fort out of couches and blankets</p>
<p>16</p> <p>Kids plan and cook dinner for their parents</p> 	<p>17</p> <p>St. Patrick's Day</p>  <p>Eat only things that are green today!</p>	<p>18</p>  <p>Read! Check out a book from the library</p>	<p>19</p> <p>Spring is here!</p>  <p>Plan an out- door scavenger hunt for your friends</p>	<p>20</p> <p>Trust Walk... Build trust by taking turns being blindfolded and led around</p>	<p>FREE 21</p> <p>KIDS & FAMILY WORK-OUT 4:00 — 6:00 pm ages 10-13 @ The Y on Chestnut</p>	<p>22</p> <p>VOLUNTEER as a whole family</p> 
<p>23</p> <p>Free Family Swim</p>  <p>2:00-3:00pm YMCA pool site</p>	<p>24</p> <p>Try drawing portraits of each other without looking at the paper!</p>	<p>25</p> <p>Text-Free Tuesday. Try not texting all day</p> 	<p>26</p> <p>Family Jeopardy! Design a family Jeopardy game, or just play trivia</p>	<p>27</p> <p>Illustrate a song that inspires you</p> 	<p>28</p> <p>Make a Statement Day! Put your favorite quote on a white t-shirt</p>	<p>29</p> <p>Puzzled? Invite your neighbors to a puzzle and pizza party!</p> 
<p>30</p> <p>Turn off all the lights... have a conversation in total <u>darkness</u></p>	<p>31</p> <p>Go Fish! Get out the cards and play your favorite card game</p> 	<p>Needham Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of a plug. The activities listed above emphasize person-to-person interaction, health, and wellness and are for all Needham students and families. For more information, please contact Needham Youth Services at 781-455-7500 or online at www.needhamma.gov/youth.</p>				<p>Happy Unplugged Month!</p>